

# DESK EXERCISE BINGO

The rules? Easy peasy. Cross off all the squares by the end of the work week. Do it, and you win your prize!

MY PRIZE IS:

FOR THE WEEK OF: \_\_\_\_\_

**WALK**

Check your watch, get up and go walk for 10 minutes. It can be around the block or around the office, just get up out of that chair! While you're out, fill up your water bottle. Hydration is awesome!

**ROLL**

Stand up and slowly bend at the waist, allowing your arms and head to hang loosely from your body. Hold for 15 seconds. Then slowly, vertebrae-by-vertebrae, roll back up, ending with your shoulders, neck and head. At the top, gently tilt your head to the left and the right to stretch your neck. Repeat the whole sequence twice.

**SHRUG**

Stand up from your desk and shrug those shoulders. With your arms down at your sides, pull your shoulders up so they are almost touching your ears. Hold for 10 seconds then release and shake out your hands and arms. Repeat five times.

**CHAI**

Instead of emailing, calling, or messaging someone, get up and walk over to their desk the next time you have a question. Maybe even take the long way 'round!

**WALK**

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**BREATHE**

Roll back from your desk, sit up straight, fold your hands in your lap, close your eyes and take a deep breath—inhaling through the nose and exhaling through a slightly-open mouth. Feel your lungs filling up with clean, crisp, positive energy with each inhale. Feel dark, stressful, negative energy leave your body with each exhale. Repeat for 10 breaths.

**SQUAT**

Next time you're waiting for the copier to finish or for a meeting to start, blast out a set of 15 squats. Not recommended for days when you're wearing a pencil skirt.

**STEP**

Find the nearest staircase and go up and down them for 5 minutes. Want more of a challenge? Try running up the stairs or taking them two at a time. If you're feeling particularly feisty, go for 10 minutes.

**MARCH**

Stand up from your chair, put on your favorite song and spend five minutes marching in place at a comfortable pace. Then march with high knees for another minute. Return to the comfortable pace for four minutes for a total of 10 minutes.

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**REACH**

Stand up, lock your fingers and push your palms way up toward the ceiling for 10-15 seconds. Then grab your elbows and gently lean to the left for 10 seconds, repeat with the right side.

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**BOX**

Stand up from your desk (and find an empty conference room if you're embarrass-able) and shadow box. Close your eyes and picture that horrible boss or annoying co-worker. I won't tell. Box continuously for 30 seconds, rest for 30 seconds and then repeat. Try going for five minutes total, if you don't get too sweaty, up it to 10.

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**ENGAGE**

Tighten that core! Stand up, tighten those abdominal muscles of yours and hold it for one minute. Release for 30 seconds, then repeat for a total of 10 minutes. Don't forget to keep breathing!

**STEP**

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**CROSS**

While standing, in a large motion swing your arms wide and bring them together to cross across your body (like you are giving yourself a hug). Squeeze tightly, holding for 10 seconds. Release. Repeat with the opposite arm on top. Repeat two more times for each arm. Crossing your arms increases blood flow to both sides of the brain, which makes this great to do before a big presentation!

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**STRETCH**

Roll back from your desk, sit up straight, grasp your left arm rest with both hands and gently twist your upper body to the left while looking over your left shoulder. Hold for 30 seconds, then repeat with the right side.

**SIT**

Sitting isn't all bad. Well, at least the kind you do without a chair. Find an empty wall, lean against it, scoot down and do an invisible chair sit just like in elementary school gym class. Make sure you keep your thighs parallel with the floor. Hold for as long as you can!

**WALK**

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